



North Andover Senior Center Weekly News Article

March 29th, 2016

MAY IS OLDER AMERICANS MONTH: This year's theme is "Blaze a Trail".

"Blazing Your own Trail", have you ever wondered what a Senior Center is all about? The North Andover Senior Center promotes community engagement, helps seniors stay healthy, prolongs independence, and provides many social opportunities for meeting old and new friends. Older adults who participate at the North Andover Senior Center find services, tools, information and options that empower them to care for themselves and enhance their quality of life. We offer many invaluable community programs that can support you in your choices to live longer and stay in the community setting. Our transportation program provides pick-up for medical appointments; grocery shopping and monthly trip to Rockingham Mall. Thinking about attending a class or coming in for lunch? Our van will pick you up at you home between 8:15/9:00 and drop you off at the Senior Center. During this time you can attend a program, have lunch, shop over at CVS, go to a local hair or nail salon or take a walk down Main Street. At 12:30 the van leaves the Senior Center and will return you to your home. If you're feeling adventurous, our Supper club meets once a month and travels to different restaurants throughout Merrimack Valley and the seacoast. As the weather warms up we will be heading out for summer outing. Give us your ideas? How about a trip to Hampton Beach to see the sand castles, or a visit to the Gardner Museum? We could go for a cruise on the Charles or Essex River? We also could travel to Castle Island, stopping at Sullivan's for a real good hot dog. Take a ride to Newburyport, stop for an ice cream, and walk the boardwalk. Lunch at Wentworth By The Sea, or a ride over to Prescott Gardens in Portsmouth. These are some of the many trips we have run over the years. Please call the North Andover Senior Center or drop by anytime to see what we are all about. #978 688-9560.

Upcoming Socials:

The North Andover Senior Center will be celebrating with the following activities:

High Tea at BrightView Assisted Living; Tuesday May 10th 3-5:30. Call reception to reserve a ride on the van or meet us there.

Men's Breakfast; May 10th at 9am. The speaker at 9:30 will be Dennis Houlihan from the Clean River Project. \$4 collected ated the door

Documentary film "The Age of Love" at the Tewksbury Senior Center, Saturday May 14th at 2pm. Public is welcome. Call 978-640-4480 to reserve a seat.

Upcoming Events/Programs cont....:

Celebration of Women Breakfast Wednesday May 18th at 9:30.

\$4 tickets available at the senior center starting April 28th. Entertainment will be provided by harpist Rebecca Swett.

Supper Club Thursday May 19th at Butch's Uptown in Haverhill.

One van only - \$6. Sign up begins May 4th. Reservation at 4:30 and limited to 24.

Tuesday Night Dinner Buffet May 24th at 4pm. Our hosts are Atria Marland Place. Limited to 35 NA seniors. Cost is \$4.

Come to our FIX IT Shop! MR. FIX IT: First and 3rd Thursday of every month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2 - \$4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for \$7, Tuesdays with George Chory and Thursdays with Tom Kookan. Hours are 9-12. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too, if necessary (Phones, Tablets, etc.)

LECTURE SERIES: Every Monday 10-11:30. Call reception 978-688-9560 for the schedule.

NEWS & VIEWS: Every Wednesday at 10-11:30. Come and join in the lively discussion of current events, politics, history and you never know what else?!

MEET WITH AN ATTORNEY: Atty. Bridget Murray, Tuesday March 22nd and Atty. Ramsey Bahrawy, Tuesday March 8th. Schedule with Reception-first consult is free.

Join Us in "The Giving Back Trees" by the Senior Center !

We are inviting the **Entire community of North Andover** to donate from the following lists, to our TWO Year-Round "Giving Trees."

******NEEDS for babies (preemie to 3months)******

Onesies* Socks* Cotton Mittens* Cotton Caps* Swaddling Blankets* Bibs*
Burping Cloths* Pacifiers* Drawstring Nighties.

*****NEEDS for Home-Bound Seniors******

CVS or Market Basket Gift Cards* Batteries* Mini flashlights*
Postage Stamps* Pens* Sugarless Candy

Any questions contact Cahla, Program Coordinator at the Senior Center,
978-688-9560.

How about joining a new Exercise Class?

Strength Training & Yoga Combo- Mondays 10-11:30a.m.

Tai Chi & Chi Gong- Tuesdays at 9-10a.m.

Joy of Exercise- Thursdays at 10-11am.

Zumba Basic & Fitness- Mondays, Wednesdays and Thursdays at 4:30-5:30pm.

Zumba Gold- Mondays and Wednesdays at 3:30-4:15pm.

WELLNESS SERVICES

WALK IN CLINIC: Wednesdays 9-12 pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

MASSAGE THERAPIST: Antonio Chong, MSW, LMT will be at the North Andover Senior Center the 2nd Friday of every month 15 or 30 minute Chair Massage Sessions Available. Call reception for the Next Available Appointment. Special Discount for Senior Citizens.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist (\$30), 3rd Friday of every month from 8:30-2:30.

WALKING GROUP- Our Walking Group walks at the Youth Center at 9 a.m., Monday through Friday. Athletic shoes required for the gym floor.

Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.

LOOKING TO GIVE BACK TO THE COMMUNITY?

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